

December
FREE Diabetes Education Classes

Tara Stevenson, RN, BSN, CDE
Aubrey Monical, RD, LD

What Causes Diabetes?
12-5-2017 1pm

Healthy Holiday Recipes
12-7-2017 1pm

Keeping Active and on Track this Winter
12-12-2017 10 am

How To Stay Safe With Diabetes
12-14-2017 1pm

Cope With Holiday Season Stress
12-19-17 2017 1pm

Choose the class that's right for you!

**Classes are FREE for all patients with
diabetes, family members also welcome.**